



# The Green Bin

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## Use Plants for Improving Indoor Air Quality

Did you know that plants can help clean the air you breathe? Many chemicals such as formaldehyde, benzene, and carbon monoxide are dangerous to human health, but plants can thrive on them, while also removing them from the air.

Many houseplants will help reduce indoor air pollution,

but some are more effective than others. The plants most commonly recommended are:

- Dracaenas
- Palms
- Ferns
- English Ivy
- Peace lily
- Mums and daisies
- Spider plants



all of which are both easy to find and simple to care for, so even if

you don't have a green thumb, you can still have a green home or office.



We hope you enjoy the Green Bin—a quarterly newsletter from the Division of Environmental Affairs.

Please share with a friend.

To subscribe/unsubscribe to the Green Bin, send an email to

[recycling@newtonma.gov](mailto:recycling@newtonma.gov)



## Energy Saving Tips

1. Purchase Energy Star appliances. You'd be surprised how much energy is saved!
2. Wash your clothes in warm or cold water and always rinse in cold water. The temperature of the rinse water has no effect on cleaning.
3. Insulate water pipes, it can save up to \$25 annually.
4. Install energy-savers: low-flow showerheads and faucet aerators save energy.
5. Only run the dishwasher when you have a full load and set to air dry.
6. Use humidifiers to feel warmer. With the proper humidity level, you'll be able to turn down your thermostat and stay comfortable.
7. Install compact fluorescent lightbulbs (CFLs) and turn off lights when not in use. You could cut your electric bill by \$60 per year if you replace standard lightbulbs with CFLs in your five most frequently used light fixtures.
8. Don't let the computer and accessories run all day. Turn on only when in use.
9. Insulate around windows and doors.
10. Change your thermostat settings and turn it down when you are away for extended periods. Set your thermostat to 60° F at night and when you are gone. For extended periods, lower to 40-50° F.

For more tips and energy savers visit the [American Council for an Energy-Efficient Economy](http://www.americancouncil.org).

## Ask Binny

Send your questions to [recycling@newtonma.gov](mailto:recycling@newtonma.gov)



**Dear Binny:**

I'm having trouble getting my family to recycle. Their rooms are messy and they don't sort recyclables. Can you help?

*-Losing Hope in Lower Falls*

Dear Losing Hope: Sounds like your family hasn't realized how easy recycling is. These tips will do the trick!

1. **Make recycling convenient.** Place small recycling containers next to each trash can.
2. **Hang recycling guidelines on your refrigerator or family bulletin board.** Watch your mailbox! Soon you will be receiving a new recycling brochure.
3. **Encourage recycling.**

Take turns having someone in your family serve as the Champion of Recycling, encouraging family members to become good recyclers.

If you need a new recycling bin, visit the [Recycling Depot](#).

Good luck and thanks for recycling!

-Binny



### Helpful Links:

[The Recycling Depot at Rumford Ave](#)

[Recycling Guidelines](#)

[Recycling FAQs](#)

[Recyclopedia—A-Z guide](#)

[Trash Guidelines](#)

[www.WasteNotNewton.com](#)

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